**Sabbath**

**So God blessed the seventh day, and sanctified it;**

# because in it he had rested from all his works

**which God created and made.**

***(Genesis 2:3)***

**The Sabbath was made to benefit man,**

**and not man to benefit the Sabbath.**

***(St. Mark 2:27)***

**Jesus entered again into the synagogue,**

**and there was a man there whose hand was withered.**

**And they watched him to see if he would heal him on the Sabbath,**

**that they might accuse him.**

**And he said to the man whose hand was withered,**

**Stand up in the center. Then he said to them also,**

**Is it lawful to do good or evil on the Sabbath,**

**to save a life or to destroy it? But they were silent.**

**And he looked at them with anger,**

**sad because of the hardness of their hearts;**

**and he said to the man, Stretch out your hand,**

**and he stretched it out; and his hand was restored.**

***(St. Mark 3: 1-5)***

**We are told that trees, flowers, planets, suns, stars, and sidereal systems are the work of God; that it is God who sustains and governs, controls and directs them. Yet trees, flowers, planets, suns, and stars are active the first day and the seventh day of the week, just the same as on other days. *(Charles Fillmore, in The Twelve Powers of Man, p. 113)***

**One early American blue law prohibited clergymen from crossing rivers on the Sabbath. *(L. M. Boyd)***

**Not all animals in the wild eat every day. But even if they could, they’d not eat on at least one day out of every seven. So say the experts. They say further that this is true of all species. *(L. M. Boyd)***

**Bakers of Colonial New England every Saturday night shut their ovens down but not off. Locals in their good favor took ceramic pots of soaked beans to said bakers, and left the pots in the ovens. On Sunday, beans for breakfast. That’s a reader’s version of how Boston baked beans became so good and famous. *(L. M. Boyd)***

**A scientific survey has discovered that American men’s beard growth is greatest on Wednesdays and smallest on Sundays. There is no explanation for this phenomenon. *(Paul Stirling Hagerman, in It’s a Weird World, p. 64)***

**The Hindu holy day begins at sunrise, the Jewish holy day at sunset, and the Christian holy day at midnight. *(E. C. McKenzie, in Tantalizing Facts, p. 75)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Some early Puritans thought each baby was born the same day of the week on which it was conceived. They stood firm on their “never on Sunday” attitude about sex. So they punished mothers of babies born on Sunday. *(L. M. Boyd)***

**In Puritan times, to be born on a Sunday was interpreted as a sign of great sin. *(Noel Botham, in The Book of Useless Information, p. 150)***

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**Boston became famous for beans because Puritan women weren’t supposed to cook on the Sabbath. Beans could be cooked the day before. *(L. M. Boyd)***

**Edith, Sunday’s supposed to be the day of rest. How can I rest when I’m going to church? *(Archie Bunker, in All in the Family)***

**Our great-grandfathers called it the holy Sabbath; our grandfathers, the Sabbath; our fathers, Sunday; but today we call it the weekend. *(Wesleyan Methodist)***

**Children’s take on the Bible: In the first book, Guiness, God got tired of creating the world, so he took the Sabbath off. *(Rocky Mountain News)***

**Sunday clears away the rust of the whole week. *(Joseph Addison, English politician and writer)***

**If Christopher Columbus hadn’t discovered what is now the Dominican Republic on a Sunday, he would not have called it Dominica. *(L. M. Boyd)***

**Boston baked beans were made a day ahead by the Puritans in the Boston area, who were forbidden to cook on the Sabbath. *(Don Voorhees, in The Essential Book of Useless Information, p. 235)***

**Six days a week, Adolph Coors labored at his Denver job; but on the seventh day, he dreamed. Every Sunday he would ride west to Golden, Colorado. Here, in the Clear Creek valley, he watched the crystal-clear Rocky Mountain spring water bubbling as it had for centuries in cottonwood and willow groves. And Coors saw that it was very good. *(Anonymous)***

**Michael Faraday, the great English chemist and physicist, was a member of the Sandamanian Church, a tiny sect of fundamentalists. He was invited to dinner with Queen Victoria on a Sunday in 1844, which meant he would have to miss services. After an agonizing period of uncertainty, he decided it was necessary for him to obey the Queen. His fellow church members excommunicated Faraday as a result, and would not reinstate him until he had undergone considerable penance. *(Isaac Asimov’s Book of Facts, p. 377)***

**The 1928 Code of Alabama said any person “who engages in domino playing on Sunday must be fined.” *(L. M. Boyd)***

**Safest hour of the week to drive a car is Sunday noon and most dangerous is Sunday 3 a.m. *(L. M. Boyd)***

**The Egyptians attacked the Jews on a holy day in 320 B.C. An army led by Ptolemy I of Egypt attacked Jerusalem on the Sabbath. But unlike the Israelis in 1973, the ultra-pious Jews in those days refused to fight on the Sabbath, even in self-defense, and so Jerusalem – which had withstood Sennacherib and Nebuchadnezzar with admirable tenacity – fell easily to Ptolemy. *(Isaac Asimov’s Book of Facts, p. 374)***

**It is your privilege to be as free as the birds, the trees, the flowers. "They toil not, neither do they spin," but are always obedient to the divine instinct, and their every day is a Sabbath. They stand in no fear of an angry God, though they build a nest, spread a leaf, or open a petal, on the first day or on the seventh day. All days are holy days to them. They live in the holy Omnipresence, always doing the will of Him who sent them. It is our duty to do likewise. That which is instinct in them is conscious, loving obedience in us. When we have resolved to be attentive to the voice of the Father and to do His will at any cost, we are freed from the bondage of all man-made laws. *(Charles Fillmore, in The Twelve Powers of Man, p. 116)***

**An elderly farmer was finishing his haying one Sunday morning as the pastor of the church drove by. “Brother,” said the preacher, “don’t you know that the Creator made the world in six days and rested on the seventh?” “Yes,” said the old farmer, “I know all about that but he got done and I didn’t!” *(Rev. Leon Hill, in O for the Life of a Preacher, p. 63)*Your favorite day of the week, if you’re typical, is Sunday. Surveys indicate the rest of the best-liked days, in descending order: Saturday, Friday, Thursday, Wednesday, Tuesday and Monday. *(L. M. Boyd)***

**London to New York City is a three-hour flight by Concorde. By the clock, you get there two hours before you leave. *(Boyd's Curiosity Shop, p. 127)***

**The Dublin Zoo tells about 36 Indian bar-headed geese who apparently know not only what season it is but also what day. In winter, the geese spend their time in St. Stephen's Green or Herbert Park, where there are more people around to feed them. But on Sundays they always appear at the zoo, because they seem to know that there will be more people there on that day than in the parks. How do they know it is Sunday? Perhaps it is the sound of the church bells in the city, and the absence of traffic noises around the Green itself. *(The Irish Times, Dublin, 1979)***

**We are not satisfied with one day out of the seven set aside for religious observance, but, like the birds, the trees, and the flowers, we join in a glad refrain of thanksgiving in and out of season. When we work and when we sleep we are ever praising the holy Omnipresence that burns its lamp of love perpetually in our hearts and keeps forever the light of life before us. *(Charles Fillmore, in The Twelve Powers of Man, p. 117)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Scholars of ancient Hebrew tell us that the word “holy” in the Commandment literally means “different,” and also that it derives from the same Hebrew root as “healthy.” Thus the Commandment could be read: “Remember the Lord’s Day to make it different and keep it healthy” – a day for imparting fresh vigor to body, mind and spirit. *(Rev. Billy Graham)***

**In February 1964, evangelist Billy Graham broke his life-long rule against watching television on Sunday – to see the Beatles first appearance on American television. *(Noel Botham, in The Ultimate Book of Useless Information, p. 167)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Oliver Wendell Holmes said that in his heart was “a little plant called reverence, which needs watering about once a week.” *(Phil Barnhart, in Seasonings for Sermons, p. 160)***

**An ordinance in Cicero prohibits humming in the streets on Sunday. *(L. M. Boyd)***

**Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon. *(Susan Ertz)***

**The fact is that the Sabbath as an institution was established by man. God does not rest from his works every seventh day, and there is no evidence that there has ever been a moment’s cessation in the activity of the universe.  
*(Charles Fillmore, in The Twelve Powers of Man, p. 112)***

**When I was a child, Sunday was a day of worship and rest. No work was done, no sewing, no laundry. I always liked the story about a little girl who was caught and scolded by a neighbor for ironing her doll clothes on a Sunday. She told the neighbor, "Don't you suppose the Good Lord knows this little iron ain't hot?" *(Ruth Scott, in Reminisce magazine)***

**When the world’s first automatic telephone answering machine was invented in 1935, it was a big hit with Orthodox Jews – their religion forbids them from answering the phone on the Sabbath. (*Uncle John’s Bathroom Reader: Wise Up!, p. 261)***

**Judaism took Saturday for its Sabbath. Then Christianity took Sunday. After that, Islam took Friday. Such was the order of Sabbath selection by the three major religions that use the seven-day Genesis week. *(L. M. Boyd)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Among the Blue Laws of colonial Connecticut was one that prohibited a mother from kissing her child on the Sabbath. *(L. M. Boyd)***

**Two hundred years ago: For kissing his wife in public on a Sunday after just returning from a three-year voyage, a Boston ship captain was made to sit two hours in stocks for “loud and unseemly behavior.” *(Isaac Asimov’s Book of Facts)***

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**Florida law makes it illegal for a woman who’s single, divorced or widowed to parachute out of a plane on Sunday afternoon. *(L. M. Boyd)***

**The laws of colonial Connecticut forbade a mother to kiss her child on the Sabbath. The Jane Law outlawed Christmas, dancing, playing cards, and mince pies. (James Meyers, in Mammoth Book of Trivia, p. 255)**

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**Why did God need to rest on the seventh day of creation? “The Creative Process in the Bible,” the first online CEP class offered by USRS, offers this perspective: “It is very important that we understand that this statement is not to be taken literally. The seventh day is a day of celebration for the activity that is now completed. The seventh day becomes a day set apart, a holy day.” (Carolyn Thomas, in USRS newsletter)**

**Until 1912, mail was delivered seven days a week. As the postal service grew in popularity and usage in the 1800s, local religious leaders noticed a decline in Sunday morning church attendance due to local post offices doubling as gathering places. These leaders appealed to the government to intervene and close post offices on Sundays. *(Harry Bright & Jakob Anser, in Are You Kidding Me?, p. 145)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Nothing can make rain seem wetter than a Sunday afternoon. *(Dan Bennett, in The Wall Street Journal)***

**Anybody can observe the Sabbath, but making it holy surely takes the rest of the week. *(Alice Walker, in In Search of Our Mothers’ Gardens)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**An aged couple was listening to a broadcast church service. Both sat in deep contemplation. Half an hour went by. Then suddenly the old man burst into a fit of laughter. “Sandy!” exclaimed his wife in horrified tones; “why this merriment on the sabbath?” “Ah,” said Sandy, “the parson’s just announced the collection, and here I am safe at home!” *(Arkansas Baptist)***

**Unity reminds us of the metaphysical understanding of the Sabbath. As Charles Fillmore put it, the Sabbath occurs anytime one ceases “from all personal effort and all belief in his own works, and rests in the consciousness that ‘the Father who dwells in me does the works’.” (John 14:10). This means that any day can be the Sabbath. *(Marcus Bach, in Unity magazine)***

**Many of the faithful in the Middle Ages believed God closed down hell every Sabbath to give tormented souls a chance to catch their breath. (L. M. Boyd)**

**The Mosaic law had been framed for the benefit of the Hebrews, but their priesthood made it a hindrance to spiritual progress. Jesus was an iconoclast, and He made it His special business to break nearly every rule of action that the priests had evolved. For example, they had thirty-nine prohibitions in regard to the observance of the Sabbath. These were nearly all trivial, such as preparing food, riding on a beast, drawing water, carrying a burden, going on a journey; yet death was the penalty for transgression. Labor of any kind on the Sabbath was punishable by death. To roll grains of wheat in the hand was considered labor, so when the apostles of Jesus plucked the ears of grain the Pharisees said to Him: "Behold, why do they on the Sabbath day that which is not lawful?" Then Jesus gave them a sermon on freedom from their narrow rules governing the Sabbath day; He ended with, "The Sabbath was made for man, and not man for the Sabbath." *(Charles Fillmore, in The Twelve Powers of Man, p. 112)***

**If you committed a murder on a weekday in medieval England, you could be fined 10 shillings. But if you did it on a Sunday, the fine was 20 shillings. *(L. M. Boyd)***

**Most Christians observe Sunday as their Holy Day. But Jews, Seventh-Day Adventists and some smaller Christian sects observe Saturday. Moslems observe Friday, although some Moslems, especially in Iran, observe Tuesday. The Bible says you should rest on the seventh day, the Lord’s Day. If you look at the calendar, by golly, Saturday is the 7th day! *(Bernie Smith, in The Joy of Trivia, p. 21)***

**The second modern Olympic Games were held in 1900 in Paris and were billed as part of l’Exposition Universelle Internationale, the world’s fair that featured the unveiling of the Eiffel Tower. After preliminary rounds, Myer Prinstein (from Syracuse University) had a clear lead in the long-jump competition and seemed poised to win. But when the final jump was scheduled on a Sunday, the official in charge of U.S. athletes disapproved of their competing on the Christian Sabbath. The athletes gave their word not to participate. Prinstein, who was Jewish, reluctantly agreed as well. On Sunday, however, Prinstein’s main rival, Alvin Kraenzlein (University of Pennsylvania), broke his promise and competed, beating Prinstein’s qualifying jump by a centimeter and winning the gold. Allegedly, Prinstein was so angry that he punched Kraenzlein in the face. *(Armchair Digest: The Extraordinary Book of Information, p. 92)***

**Pancake houses sell about five times as many pancakes on Sunday as on any weekday. *(L. M. Boyd)***

**Pearl Harbor: You snooze, you lose in life in this case. Because the Japanese planned their attack early on Sunday morning, many of the soldiers were sleeping and not necessarily at their posts to defend the harbor. (Charlotte Lowe with Emma Wilson and Rachel Federman, in Useless History Fact-O-Pedia, p. 196)**

**The truth is that Divine Mind rests in a perpetual Sabbath, and that which seems work is not work at all. *(Charles Fillmore, in The Twelve Powers of Man, p. 113)***

**In the 1600s, the Puritan Sabbath was strict and stern. Beginning at sundown on Saturday, no work was allowed except tasks that couldn’t possibly be avoided. Food could be served, but not actually prepared. Faced with these restrictions, Puritan women devised dishes that could be made well in advance and held for the Sabbath meals. The most popular was baked beans. The big pot of beans set at the side of the fireplace could be prepared early Saturday evening, used for supper Saturday night, dished up again for Sunday breakfast, and even finished for Sunday dinner. Long after the Sabbath rules had been moderated, the tradition of baked beans and brown bread on Saturday night remained, earning Boston the nickname “Bean Town.” *(Uncle John’s All-Purpose Bathroom Reader, p. 58)***

**Over an eight-hour working day, your brain gives up more than an hour’s time in quick naps, even though you’re not aware of it. *(L. M. Boyd)***

**Constantine was the first to decree the “day of the Sun” – Sunday – as the Roman day of rest. *(Noel Botham, in The Amazing Book of Useless Information, p. 17)***

**Twice as many Scots as English go to church on any given Sunday. *(L. M. Boyd)***

**Town laws in the U.S. Midwest in the 1880s were passed prohibiting the sale of ice cream sodas on Sunday. In Illinois, ingenious soda fountain owners got around the law by omitting the carbonated water and serving just the scoop of ice cream and the syrup. They called this a “Sunday Soda.” Later that name was shortened to “Sunday” and then it became “sundae.” *(Isaac Asimov’s Book of Facts)***

**Even the atheistic rulers of the Soviet Union, whose revolutionary founders first decreed a seven-day work week, now make mandatory a weekly day of rest. *(Rev. Billy Graham)***

**The NAACP is suing a Jewish-run dental clinic in a New York suburb for being closed on Saturdays. The Ben Gilman Medical and Dental Clinic in Spring Valley receives millions of dollars in federal funding and therefore, claims the suit, should not impose its religious beliefs on its largely black and Hispanic clientele by closing on the Jewish Sabbath. *(The Week magazine, October 13, 2006)***

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**Concerns about Sunday baseball were common to many homes. According to one account, a mother chided her boy Bobby for attending a game on the Lord's Day. "Think how grieved your father will be when I inform him of it," she said. "Oh, you needn't do that," Bobby said. "Oh, you told him, did you?" his mother asked. "No," replied Bobby, "he saw me there." (Edward Achorn, in The Summer of Beer and Whiskey, p. 117)**

**We are now approaching the seventy-fifth anniversary of the Pennsylvania legislature’s decision to lift a 140-year-old ban on Sunday sports. This finally happened in April 1933 with Sunday baseball games scheduled for 1934 in the Commonwealth. They cleared the way for all major league baseball teams to play some games on Sunday. The struggle for Sunday baseball coincided with an intense debate over the role of religion in public life, beginning in the 1870s and continuing well into the twentieth century. Religious libertarians, who wanted a minimum of government involvement with religion and who welcomed the growing religious pluralism, battled Sabbatarians, who wanted to declare Christianity the legally established and preferred religion and who supported various structures on activities deemed disrespectful to the Sabbath (the Sunday Sabbath, hat is). The Sabbatarians, who were mostly evangelicals, were distinctly unfriendly toward the increasing numbers of Catholic, Jewish and Eastern Orthodox immigrants, whom they saw as rivals to be subdued and marginalized. *(Albert J. Menendez)***

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**Super Bowl Sunday is the one day of the year where everyone in the country, regardless of their religious beliefs, completely stops what they’re normally doing. Especially the team I’m rooting for. *(Dennis Miller)***

**Ziggy: “Josh, since today is Sunday, I think there’s no better day to have a very important talk with you! Cmon, Josh! Ever wonder who made this sky, these flowers, this grass? He was here before we were. He made you, me, everything we see!” Josh: “The cartoonist!” Ziggy: “We’ll talk later.” *(Tom Wilson, in Ziggy comic strip)***

**Judaism took Saturday for its Sabbath. Then Christianity took Sunday. After that, Islam took Friday. Such was the order of Sabbath selection by the three major religions that use the seven-day Genesis week. *(L. M. Boyd)***

**Sabbath tragedy: Seven Orthodox Jewish children from the same family were killed in a Brooklyn house fire last week when a hot plate used to keep food warm over the Sabbath apparently caught fire. The four boys and three girls, ages 5 to 16, were asleep upstairs in their home when investigators believe the hot plate -- which had been left on overnight, since Orthodox Jews are barred from turning on stoves during the Sabbath -- malfunctioned, sparking a fast-spreading fire. The children's mother, Gayle Sassoon, 45, and her 15-year-old daughter survived the blaze by jumping out of second-floor windows. Sassoon "valiantly tried, although badly burned, to get out and get help for her children," said fire department commissioner Daniel Nigro. The mother and her daughter remained in critical condition this week, unaware of the deaths of their family members. *(The Week magazine, April 3, 2015)***

**Sunday night is tops for TV watching and Thursday night ranks second. *(L. M Boyd)***

**For several years after the founding of Unity, the Sunday meetings were not held at 11 o’clock in the morning as they now are, but at 3 o’clock in the afternoon so that they would not conflict with regular church hours. *(James Dillet Freeman, in The Story of Unity, p. 105)***

**Almost everybody votes in Australia, where it’s illegal not to vote. But half a dozen European nations get out 80 percent of the vote, even though voting isn’t mandatory. How do they do it? Their election days are on Sundays. *(L. M. Boyd)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**George Washington’s diary contains frequent references to his attending church, oftentimes listening to moving sermons which he collected. When he wasn’t able to go to church on Sunday night, he would read a sermon to his wife. *(Dr. D. James Kennedy)***

**George Washington gave the Sabbath over to the Lord. He would not travel unnecessarily nor receive visitors on the Sabbath. An exception to the rule was made in the case of one individual, namely, Mr. Trumbull. Washington attended church regularly every Sunday morning and often on Sunday night when he was able. Sometimes this meant riding ten or more miles on a horse. But Trumbull would come to his home. Did Trumbull, who was the speaker of the House of Representatives, come to discuss politics? No. Trumbull was known as “one of the most pious men of his age.” These Two godly men met together to share the things of the Lord on Sunday evenings. *(Dr. D. James Kennedy)* *\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Sunday night is when most people watch TV. Saturday night is when most who own VCRs watch cassettes. Why the difference? Because what’s on TV Sunday nights is worth watching. Sometimes. Or so say those who have studied this matter. Credit the rising popularity of VCRs, in part, to Saturday night TV programming. *(L. M. Boyd)***

**“Where is my Sunday paper?” the irate caller demanded on a bright weekend morning. “Sir,” replied the newspaper employee, “today is Saturday. Our Sunday paper is not delivered until tomorrow, on Sunday.” A long pause ensued, followed by a ray of recognition. “Oh, so that’s why no one was at church today!” *(The Lutheran Witness)***

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